



THE FLYER

Salisbury University's student voice

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Shooting victim Kristen Loetz shares her tragic experience

BY PETE HICKS
Editor-in-Chief

Between the hours of 6 and 7 p.m. on Sept. 3, three lives and a community, were changed forever.

"So many things in my life have changed," said Kristen Loetz, the sole survivor of a shooting that left two others dead. "CJ was one of my closest friends whom I confided in and spent so much time with. I miss him so much."

As police and Salisbury University officials handled an unprecedented event for the campus community, the question on the minds of many students was "why?"

"The situation that occurred is a complicated one to describe to anyone," Loetz said.

Loetz broke up with her boyfriend, shooter Ryan Shallue, at the beginning of the summer. Though Loetz attempted to move on from the relationship, it seemed that Shallue would not let go.

"He (Shallue) was not a stable person and had some mental issues he was not working through well and so I ended what was an almost four-year relationship," Loetz said. "I had known for a while that he was unstable, but I could never have predicted he would do what he did."

Shallue's instability turned deadly when he drove from his home in Kent Island to Salisbury where he then entered the home of Loetz. An altercation occurred before Shallue opened fire on her and her friend Charles Jacob Abbott.

"CJ was the nicest, most kind-hearted person I have ever met," Loetz said. "When the gun was drawn, he didn't hesitate to protect me and try to stop him."

Shallue was pronounced dead on the scene from a self-inflicted gunshot wound. Abbott was rushed to Peninsula Regional Medical Center where he was pronounced dead, and Loetz, in critical condition, was flown to the University of Maryland Shock Trauma Unit to receive emergency medical care.

Coming out of this tragedy, Loetz is using great personal strength and the support of her friends, family and campus to recover.

"The way everyone has come together to help me and my family is beyond amazing," Loetz said. "So many people have been affected by this tragedy, but by leaning on each other I know it is helping us all to get through it."

Loetz is almost able to walk normally again. She continues to attend physical therapy sessions for her leg and shoulder and speech therapy sessions for her mouth. Her ability to eat and speak are also improving over time.

"This stage of my recovery is just getting myself returning to as normal a life as possible," Loetz said.

Visits from friends and sorority sisters during her hospital stay and rehabilitation have kept Loetz looking toward the future. The contact she was able to keep with those close to her keeps her working forward with increased strength.

"I'm working through (rehabilitation) much faster than anyone expected, and I'm not going to settle until my life returns to as normal as possible," Loetz said. "I may be de-

See LOETZ on Pg. 2

Community unites against Westboro threat

Jordan Smith photo

SU students rally in support of LGBTQ rights in Red Square on Sunday to fight against the Westboro Baptist Church, which threatened to protest the Theatre Department's production of The Laramie Project.

BY AMANDA BIEDERMAN
Gull Life Editor

Salisbury University community members flooded Red Square with banners, music and protest signs against Westboro Baptist Church Sunday afternoon.

The gathering was prompted in response to a tweet posted by the controversial religious extremist group Saturday night that read, "Westboro Baptist Church to protest @SalisburyU Theatre's presentation of 'The Laramie Project' TOMORROW October 20." The tweet was sent to several SU-related Twitter pages including SU-TV, Mayor Jim Ireton and even DirtyBuryProbs and Salisbury crushes.

WBC's threat was in response to the theatre department's fall production, which dramatized the tragic story of Matthew Shepard, who was beaten to death for his sexual orientation.

WBC is known for protesting soldier's fu-

See WESTBORO on Pg. 2

Jordan Smith photo

Community members came to campus to show their support of SU's production of The Laramie Project and LGBTQ rights.

Recycle Madness unites students for a 'green' cause

Jonathan Arias photo
Students and campus organizations recycled to win prizes at this semester's Recycle Madness event.

BY ALYSSA MARTIN
Staff Writer

Giant trash bins occupied Red Square on Wednesday, but it wasn't just for old garbage.

Recycle Madness had students hauling mounds of recyclables to campus for this bi-annual event hosted by SGA. All RSOs were invited to go green in this competition to see who could collect the most pounds in recycled waste.

"In the SGA office we recycle a lot, so it's really nice to bring it on campus and get the campus community involved."

- Conor Drummond,
SGA Webmaster

Student Organizations had to have at least 75 pounds of recyclables in order to enter the competition. The top three RSOs who brought the most pounds of recyclables win money for their organization and

snacks for their next meeting.

Individuals could also contribute with at least 15 pounds to receive a t-shirt.

Freshman SGA member Megan Spence was signing up RSOs at her first recycling event here at SU. She sees this event as a lesson for the community.

"It shows the campus coming together to do something bigger such as recycling," Spence said. "It's also a learning experience and teaches what can be recycled."

Students were racing around campus collecting recycled trash, and some students had been collecting for months. AST member Melissa Amy had been saving her recyclables for a month and a half just for this event.

"Salisbury really tries to go green," Amy said. "They have events like this twice a year and they offer students rewards, which really makes people want to recycle more."

As the event was winding down, SGA Webmaster Conor Drummond was satisfied with the amount of people who contributed.

"In the SGA office we recycle a lot, so it's really nice to bring it on campus and get the campus community involved," Drummond said.

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Aquatic Zumba

Salisbury University now offers the usual Zumba workout sessions with an aquatic twist.

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WESTBORO

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*Jordan Smith photo*

SU students and members of the Salisbury community banded together in Red Square under the threat of a protest by Westboro Baptist Church.

nerals and gay rights events, bearing signs with messages such as "God Hates Fags" and "Thank God for Dead Soldiers."

Lambda Society cofounder and education professor Diana Wagner said the WBC's interest in SU was prompted not only by the play's content, but also by a personal contention with actor Al Snyder, who portrayed Matthew's father, Dennis Shepard, in the play.

Snyder brought the WBC to court in 2011 after his son's funeral was picketed by the organization. On Sunday, a WBC tweet dubbed the theatre production "Crybaby Bitch part 2." They also posted, "The Laramie Project is complete fiction, and Al Snyder loves bringing fiction to life."

The WBC was expected to picket from 1:15 to 2 p.m., in the 45 minutes before the start of the play. In anticipation of the visit, students planned to retaliate, hanging a rainbow banner in Red Square

along with signs that read "God Doesn't Hate" and "Gay Sex Is In." However, as time went on, it appeared the WBC would not be visiting SU after all.

Wagner said the no-show tactic is actually a common WBC strategy, an effort to draw publicity and attention without using their own resources. However, she praised the campus' demonstrated efforts to unite and support tolerance, even if they had no foe to unite against.

"Clearly, SU supports diversity, and we welcome all students on campus," Wagner said. "(The WBC) is just a small group of nutcases and they like to push people's buttons. We need to get attention for the good guys."

Senior and LGBTQ alliance president Chelskey Toback said the counter-protest was planned hurriedly over a series of emails Saturday night after the WBC's announcement. She said although she hadn't been sure if the WBC would show up, she

was confident the club was ready.

"We respect their opinion, but we won't respect the hate they're spewing on campus," Toback said.

Senior Matt Vlahos, one of the dozens of students who gathered in Red Square on Sunday, said seeing a WBC protest is on his "bucket list." Vlahos postulated why the organization may have decided not to visit campus.

"I bet they're pretty intimidated, probably, by the Salisbury community and all the people here," Vlahos said. "Or they could be flaking out because of monetary reasons."

So where was the Westboro Baptist Church on Sunday afternoon? Apparently, they were on their way to protest a military funeral in Corvallis, Ore.

One tweeter, @Philduckinier, said the group showed up, but was stopped by the police before getting out of their car.

LOETZ

Continued from PAGE 1

layed one semester at school, but that is just a minor setback."

Never doubting her decision to return to SU, Loetz plans to graduate next December from the nursing program. She aspires to be a pediatric nurse practitioner once she obtains her degree.

"What happened to me may have occurred at my house in Salisbury, but I do not associate it with the school," Loetz said. "My friends are there, and I am so close to graduation that I knew I wanted to return."

Loetz also wants her fellow students to learn from the situation she found herself in so that nothing like this will happen again.

"The number one thing I want the student body to know is how to find someone help if they need it," Loetz said. "When my ex-boyfriend (Shallue) needed help, I didn't know what to do. I tried to get him to want help for himself but he did not see that anything was wrong."

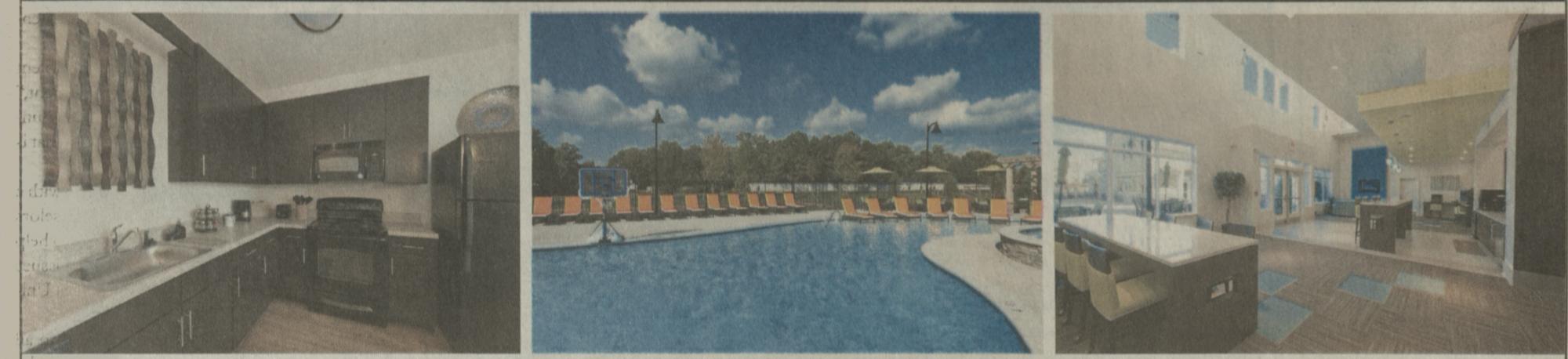
Shallue was never physically abusive during his relationship with Loetz, and she stresses that he was not a bad person whose sole intention was to take a life.

"I had never seen him violent until the day of the incident," Loetz said. "He was mentally unstable and snapped that day. That is the best way to put it."

SU has a counseling center with a staff of psychologists, counselors and social workers available to help students with mental health issues in room 263 of the Guerrieri University Center.

Loetz is also very grateful to all of the people who attended the vigil for her recovery. She also deeply appreciates all of the gifts sent to her by SU's fraternities and sororities, as well as the messages of encouragement and hope sent to her by the campus community.

"I have always known Salisbury was a great school to go to," Loetz said. "But it was not until this that I truly understood how amazing our student body is and what it means to be 'bury strong.'



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EDITORIAL

October 22, 2013

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Overheard: What was your reaction to Westboro Baptist Church announcing they would protest the Sunday showing of the Laramie Project?



"I was shocked and surprised they would come here of all places."



"It didn't surprise me but (it) really bothered me ... It hurts that there are still people with so much hate out there." - Emma Kelley, senior



"I read about it and it made me sick to my stomach."



"I thought the play and Salisbury itself was too low scale for them."



"I think it was really disrespectful and disgusting for them to try to protest such an event."

The Flyer

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please include your name and

your class. Faculty members,

please include your department.

Letters should be no longer than

400 words. The Flyer reserves the

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any text. Deadline for submission

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corrects its errors immediately. If

you believe The Flyer has printed

a factual error, please email us.

If Native Americans aren't offended, why argue?



BY JACOB TROXELL
News Editor

This whole Redskins thing is getting out of hand already.

I'm going to say right away that I am a Redskins fan and have been my entire life. But I honestly do not believe the name is a problem. If the vast majority of Native Americans believe it's not offensive why should we change the name?

Owner Dan Snyder wrote a letter to all Redskins fans on Wednesday that stated some pretty interesting facts.

Out of 1,000 "self-identifying Native Americans" 90 percent of them said they did not find the name "Washington Redskins" offensive. Also the Associated Press conducted a survey in April of this year and found only 11 percent of people said they believed the name should be changed, but what matters most here is the opinion of the Native Americans. Should we cater just those 10 percent of Native Americans?

Let it be known that I am not in any way shape or form saying I don't care about Native Americans or anything like that, and Dan Snyder made that clear in his letter as well, referring to the name as a "Badge of Honor."

If every single Native American came out and said this name seriously bothers them, I would say okay there is a large people group that is bothered by this, let's change it. But why now? The name has been there for over 80 years and all of a sudden people who are not Native American have a problem with it?

Perhaps part of the reason is due to Snyder's willingness to talk about the issue which got the ball rolling. The fact that he came out and basically brought it up by saying he refuses to change the name got the attention of many. Maybe if Snyder didn't say anything, like organizations with debatable names such as the Blackhawks, or Indians don't, then Bob Costas wouldn't say anything on football Sunday night about it.

Costas brought up many different team names that have been changed similar to the Redskins in college and pro sports and then proceeded to call the Redskins name a racial slur. I would like to point out something that Snyder also included in his letter sent out to fans that the first year the "Boston Redskins" became a team in 1933, there were four Native American players on the team, including the head coach at the time. If "Redskins" is a racial slur why would these individuals play and coach for a team that condescends against their own group of people? I certainly wouldn't. Does

Creative Commons photo

Lee Corso dresses as a Seminole and gets tackled to the ground on the ESPN show 'College Gameday' after dancing around.

this mean that the term Redskin is a racial slur in 2013 but was not in 1933? What changed?

Costas then said on a national radio show the next day to think about if you went up to a Native American and called them a Redskin, if that would be awkward or feel like a racial slur. I think the only weird part would be the fact that I'm calling someone by the name of a football team. I think it would be weird if I called someone a Charger, or a Steeler, or a Cowboy. I just think of the name as a football Sunday night.

Costas brought up many different team names that have been changed similar to the Redskins in college and pro sports and then proceeded to call the Redskins name a racial slur. I would like to point out something that Snyder also included in his letter sent out to fans that the first year the "Boston Redskins" became a team in 1933, there were four Native American players on the team, including the head coach at the time. If "Redskins" is a racial slur why would these individuals play and coach for a team that condescends against their own group of people? I certainly wouldn't. Does

that really acceptable?

But think what you want. It's not my opinion that matters, it's what the Native Americans think. Of course, as a fan, I would like to keep the name Redskins.

Perhaps what has changed in the last 80 years is that people in the United States are getting soft...because most Native Americans aren't offended by this name. But people such as our president, who is African American, or people of any other descent, should not have the audacity to weigh in on the subject that has absolutely nothing to do with them. I know he's a sports guy and all, but the president should have been focused on getting the government up and running at the time.

People of other ethnicities and backgrounds need to stop weighing in on this. I'm merely stating the facts. I am not going to sit here and say Native Americans should not take offense to it, if they did it would be a different story. The vast majority does not, and we have bigger issues in the United States to focus on. Heck, even bigger issues in the NFL. Roger Goodell still needs to work on player safety.

Heroin use on the rise across the nation

BY MADELEINE KELSEY
Staff Writer

Salisbury Police Department. "You will end up dead or arrested."

The rise in heroin use in young adults can be contributed to many social factors. Heroin is usually bought in groups of three or four friends who pull their money to make one purchase, according to the users I spoke with.

"I started using and got my boyfriend at the time hooked on it (heroin)," said Nicole. "He would not be a junkie if it weren't for that."

Heroin is less expensive than prescription pills, and much stronger. To many it is the logical opiate of choice.

An 80-milligram oxycodone pill can cost up to \$100, while the same amount of heroin costs about \$80 and could last an addict several days in comparison to the one-time high of a pill, according to the SPD.

These restrictions have caused the number of heroin dependent people ages 18-25 to more than double in the past eight years, according to the National Survey on Drug Use.

"Kids need to realize heroin isn't a drug you just move on from," said Officer Thomas Burt of the

then continue using to cope with the emotional strain of prostitution.

"You don't think about consequences," said Nicole. "You're just thinking about the next hit."

Nicole, now clean, works as a confidential informant for the SPD. The police often rely on these women to help them find and arrest dealers in the local area.

In many cases these dealers are connected with the local gangs, according to Burt. When the police find the active gang members there are usually drugs involved.

"Drug use and crime go hand in hand," Burt said. While Salisbury University students typically have a bad reputation for causing trouble in the local area, they contribute very little to the issue of heroin use.

"I don't see heroin use at SU," Burt said. "Marijuana yes, ecstasy sometimes, but heroin no."

THE FLYER

EDITORIAL

Salisbury's poetry scene is on the rise

BY LOUISA LAMB
Staff Writer

There are many stereotypes and misconceptions about poetry, which often prevent the unfamiliar from fully appreciating what it actually is.

We were taught in grade-school Language Arts that poems are supposed to rhyme, be written in couplets or quatrains, surrounded by a specific theme with heavy use of similes and metaphors, in addition to many other literary rules which must be followed to write effective poetry.

Allowing myself to develop as a writer has provided me with one of my favorite revelations about poetry; unlike almost every other aspect of life, there are no rules that control it.

College serves as an ideal opportunity for individuals to explore and develop their autonomous identity, allowing artistic expression to exude. Many people on the Salisbury University campus are familiar with Salisbury's Third Friday, which provides a venue for live music and a place local artists can gather together to share and create. Many people are unfamiliar, however, with Third and a Half Wednesday. Though Third Friday seems to be pretty well-known around campus, Third and a Half Wednesday is a growing, but still lesser known, place for poetry enthusiasts.

Writing poetry is one of the most freeing practices a person can have. It requires will and some mental exertion, but the relief which comes from releasing the pent-up self-identity through words is a powerful thing.

Poetry provides the opportunity for the speaker to unleash every distinct quality of themselves while noting, contemplating and appreciating every slight observance.

The individual purpose of writing is to create from within rather than constructing a commonality. Poetry is not always written prettily or glazed with words of love. Rather, the art of it serves as an analysis of the most weighing parts of one's self, surroundings, thoughts, feelings and every other component of life which is bound by time.

The honesty that comes with writing is a good thing to have in a community, and it's especially important

to have a place for those who write actively and those who want to pursue the passion of writing.

"It's one thing to write a poem. It's an entirely different thing to write a poem knowing you will be speaking that poem to an audience, slowly, with a clear voice, in a manner that will linger in their minds," Ghost said.

Salisbury's campus community is slowly beginning to come together on these Wednesdays. Professor John Nieves, the author of "Curoto," who is being featured for Salisbury University's Writers on the Shore series, shared some inspiring words regarding this unique power of language.

"Local readings are extremely important as a birth place for upcoming artists and a touchstone for those who enjoy the literary arts," Nieves said. "Having a local regular reading series of this nature allows people to share their works in a very low pressure situation. Because of the suspension of judgment at such events, readers of all skill levels can benefit from an audience. This kind of community also can help celebrate the success of its members and provide moral support to aspiring writers."

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GULL LIFE

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CAMPUS CHIC

Color Obsessed



Kara Kinnamon photos

Decadent shades such as plum and burgundy can transform a fall wardrobe.

BY KARA KINNAMON
Fashion Columnist

You know how everyone and everything is obsessed with a little pumpkin this fall? It seems there is something else: plum/burgundy.

Accessories are a great outlet for these colors as well. Statement necklaces that use colors like plum and burgundy with large gems, can be used when blocking an outfit.

Scarves in these shades are also obvious choices, especially when you only want to use them subtly.

Handbags, wristlets and clutches in plum and burgundy are a great way to get out of the average brown and black bag slump. Go for a plum or burgundy bag with gold hardware.

These deep shades are versions of classic colors that apply well to all neutrals including leopard print, the newest neutral craze.

They especially pop against winter creams and ivories. And when considering jewelry with these colors, go for gold all the way. Silver looks nice as well, but gold emits a look of luxury when paired with plums.

In the beauty world, plum has become a huge fall hit especially with nails and lips. Fall nails are usually deep shades like navy, grey, dark nudes, reds and black. This season is taking advantage of this twist with a reliance on plum as well as burgundy. Their deep nature helps transcend them from outfit to outfit. Plum lips look best with neutral eyes using browns and other warm tints to balance the pop of color.

I love plum and burgundy in everything: skinny pants, outerwear, tops and dresses.

Two weekends ago, I attended a barn wedding where heels weren't really appropriate. The day of the wedding I rushed to the mall just hours before to find a dress for the event that would look okay with brown riding boots. I absolutely fell in love with a three-quarter sleeve plaid skater dress. The shape was flattering, the material and sleeve length was

weather appropriate, it complimented the boots, and the color was perfect.

Plum and burgundy are the kind of colors that beautifully accent all skin and hair tones.

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Don't forget about shoes. Be adventurous and grab a pair of burgundy suede pumps, which can easily be worn to any holiday party. The Campus Chic Pinterest board ([pinterest.com/campuschic](#)) showcases an awesome pair of plum hunter rain boots.

Wine Fest

Salisbury community members gathered at Pemberton Park last weekend to share wine, food and music last weekend at the 11th annual Autumn Wine Festival.

Sponsored by the Maryland Wineries Association, the event brought together local craft vendors and wineries for a tasteful experience. According to the event's website, this festival is "the only one of its kind in the Salisbury area."



Kara Kinnamon photos
(Top, Middle and Bottom) Crowds gather in front of various wine tents at the Wine Festival.

Artists showcase hidden talents at Open Mic

BY MARISA LANGELLO
Staff Writer

Salisbury students had the opportunity to show off their talents on stage and have fun at the Student Organization for Activity Planning's Open Mic Night.

Ashton Meader, a sophomore at SU and member of SOAP, said that this event was created to get students involved with a safe activity on campus and to meet new people instead of going off campus.

"There are a lot of talented students at Salisbury, and it's really kind of cool to see what other students have to offer to the university," Meader said. "One of the biggest things we try to focus on is just everyone having good fun that's actually safe."

Kahdesha Chiles, a sophomore at SU, fought through the nerves and performed an acapella version of "I Found a

Boy" by Adele. Chiles said she thinks the event was a great op-

"There are a lot of talented students at Salisbury, and it's really kind of cool to see what other students have to offer to the university," Meader said. "One of the biggest things we try to focus on is just everyone having good fun that's actually safe."

- Ashton Meader, sophomore

portunity for her and other students to express themselves. "It gives different people a chance to express their talents in a setting where they won't be judged," Chiles said. "I didn't really want to perform, but then I saw other people perform and it made me feel more comfortable."

THE FLYER

GULL LIFE

Food For The Broke

BY AMANDA BIEDERMAN
Gull Life Editor

Dealing with Baking Disasters

When I write my Food for the Broke columns, I try to keep my recipes as original as possible.

True, I'm not the first person to make fried Oreos or Ramen lasagna. But I generally come up with the ideas on my own and design the recipes without looking them up. When I do look online, I make sure to give credit for it.

Mostly, these recipes have turned out almost perfectly, despite the fact that I often have no idea what I'm doing. But sometimes, things just don't work.

That was what happened to me this week when I tried to make cupcakes for a bake sale. I was actually following a recipe I found from [allrecipes.com](#). It seemed simple enough and, filled with confidence from my recent culinary successes, I figured I'd have no problem at all.

I whisked the ingredients together, actually measuring out their exact proportions (which I never do). I carefully doled the gooey mixture into colored cupcake tins and placed the pan into my tiny, temperamental Sea Gull Square oven. I set the timer and went off to study for my biology exam.

Fifteen minutes later, I opened the oven, only to find that something had gone horribly wrong.

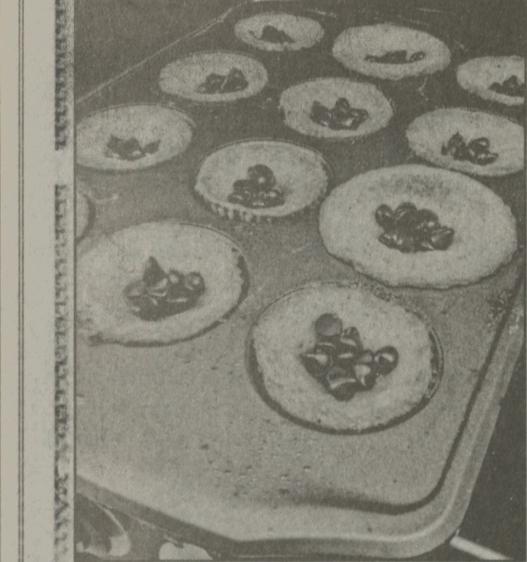
The cupcakes had not risen properly, and had creviced down onto themselves into an ugly mess. Basically, my cupcakes looked like mini, distorted volcanoes.

Crap. It was already midnight and I needed these for tomorrow morning. And I still had to write a paper.

I could immediately guess what had gone wrong. In the middle of making the mix, I had realized I was out of eggs. But I had read that mayonnaise works as an egg substitute in cakes, so I had used that instead. Clearly, it hadn't worked.

I ran to the pantry and pulled out a half empty bag of chocolate chips. I carefully sprinkled a few pieces onto each center, where they melted onto the cakes. It actually looked like I might have done this on purpose. And they still ended up being delicious.

It was just as well. I didn't really feel like making frosting anyway.



Amanda Biederman photo
Sometimes recipes don't turn out the way you expect them to, but that doesn't mean all hope is lost.

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One seagull lends help to another

BY ALEX GROGAN
Staff Writer

In the early hours of the Sunday morning before the fall semester was set to begin, my roommate and recent graduate TJ Mowers and I were making our way back from a party.

Mowers and I were cutting through the old Super Fresh parking lot on our way home from Cynthia's Place when we encountered a rather large towel over the top, just in case she decided to take flight in the middle of the night.

We gave her water, some food and a name: Cynthia. I took the bin and placed it in my room and draped a larger towel over the top, just in case she decided to take flight in the middle of the night.

I contacted environmental studies professor William Nelson as what would be the next course of action to take with the injured bird. Until then, I would have to sleep on it.

Several hours later I woke up and looked at the bin: Why did I have this dirty bird in my room?

I took her outside to see if she would fly away. No avail. I ended up getting a response from Nelson via email and he recommended calling the Salisbury Zoo.

The zoo said they could not take the animal, but they gave me contact information for a woman, Emily Hauger, who is licensed with the state of Delaware to

rehabilitate wildlife.

I got in contact with her, and she told us to bring the bird to her. Mowers and I got in the car and drove up to Laurel, Del. to drop off Cynthia.

Hauger is one of the most amazing individuals I've ever met on the Eastern Shore. She's a true animal lover and what she does is very noble. She's taken on the full-time hobby of rehabilitating injured animals.

We turned the bird over her and the state of Delaware. We bid Cynthia goodbye, but not before Emily showed us her most unique pet: a full-grown turkey buzzard. It was incredible how huge this bird was and how she was holding him as if he were any other pet.

We talked to Hauger for a little while before making our way back to Salisbury.

I wrote this piece for a couple of reasons to tell an entertaining story, but also to let people know about wildlife rehabilitation programs like Delaware's and the volunteers that work nearly full-time to rescue injured animals.

All told, some people bring home signs; I bring home seagulls.



Submitted photo

Salisbury University student Alex Grogan helped save a fellow seagull from a tragic fate over the summer.

Phi Eta Sigma's Local Scholarship Application Is Now Available

The Provost's Office is now accepting Phi Eta Sigma's local Scholarship Application for 2013. In order to apply for the scholarship, the ap-

plicant must be a member of Phi Eta Sigma. The Scholarship Application may be picked up from the Provost's Office in Holloway Hall, Room 238 anytime between 8:30 a.m. to 4:30 p.m., Monday through Friday or download the application from our Web site at [http://orgs.salisbury.edu/pes/Scholarships/Local_Scholarship.htm](#).

The Provost's Office must receive all completed applications on or before November 12, 2013. An incomplete application will be returned to the applicant. If you have any questions, please email Priscilla Davis at pj.davis@salisbury.edu.

SPORTS

Volume 43, Issue 8

October 22, 2013

Health for the Athlete

The importance of stretching

BY DAVID CABRERA
Staff Writer

Whether it's before practice or a conference game, stretching is stressed above all else for Salisbury University student-athletes.

"(You) have to do some type of warm-up," SU Head Athletic Trainer Pat Lamboni said. "There are schools of training, different types of stretching that need to be done."

Head Strength and Conditioning Coach Matt Nein explained that there are two types of stretching that the athletes must do: dynamic stretching and static stretching.

"(You) have to do some type of warm-up ... There are schools of training, different types of stretching that need to be done."

- Pat Lamboni, SU Head Athletic Trainer

"Going into play, practice or a lift cold could cause injury as well as reduced performance," Nein said. "(When doing a dynamic stretch), the muscle needs to be pliable to allow for optimum performance and acceptance of high force loads."

Dynamic stretching is used for more intense training and would be done prior to a workout. It would be used in activities such as lifting or when athletes are mimicking the movements they will perform on the field.

"(Static stretching) restores or improves energy," Nein said. "Static stretching after numerous micro-traumas (such as collisions or muscle discomfort) caused from practice, games or lifting is vital to the restoration of the muscle over the next couple of hours."

For example, football players must do high knees and straddles during practice to make sure that the nicks and pains they get during the season do not become an ongoing issue.

"If not done, the muscle will remain in a shorter state, negatively impacting ones flexibility," Nein said.

With flexibility being ruined, the likelihood of an athlete getting injured or causing further damage to their body increases.

"Numerous studies have found that working on flexibility prior to a training session will actually result in a decreased power output," Nein said. "This would be detrimental to sports performance and injury reduction."

Static stretching should be done after dynamic stretching or a high-intensity workout.

Lamboni added that while Sea Gull athletes are in different sports and are therefore stretching different types of muscles, they are trying to achieve the same function when they stretch.

"They want to get the muscle fibers (fast-twitch and slow-twitch) fired up," Lamboni said. "It increases the blood flow and allows for their bodies to run smoothly."

Fast-twitch fibers are most commonly used when engaging in an exercise that will expend a lot of energy, but requires little to no endurance. Athletes such as sprinters and baseball players use them.

Slow-twitch fibers are used for endurance purposes but are low on energy, like in the case of marathon runners. The amount of each type of fiber can be manipulated based on the endurance an athlete needs.

Stretching, no matter how minuscule it may seem to some, pays dividends in the long run for Salisbury athletes. Judging by the success of the cross-country, field hockey, football, soccer and volleyball teams this season, it is working effectively.

Field Hockey supports cancer research, beats Frostburg State

BY ASHLEY MARTIN
Staff Writer

Salisbury University's field hockey team (9-2, 2-0) gained their ninth win of the season on Sunday afternoon against Frostburg State in the team's fourth annual Corners for Cancer game.

Corners for Cancers is a fundraiser the team started to raise money for SU's Relay for Life campaign. Pledges were made in advance for each corner given to SU. The team received large donations after earning 23 penalty corner chances in their 6-0 win against the Bobcats.

"Not only were we trying to bring awareness," said head coach Dawn Chamberlin. "But we really want to bring in some revenue for Salisbury's Relay for Life."

SU had a slow start to the game, not scoring until 29 minutes into the first half. Chamberlin said the slow beginning did not reflect what they could really do as a team and they would

work on bringing the intensity from start to finish in the next game.

Freshman forward Yumi Kim had a career high of seven goals, three of them scored in the Frostburg game. She put the first point of the game on the board during a penalty corner. About five minutes later, she scored the next point after a pass from Samantha Johnson.

"I just try to take each shot opportunity that I can," Kim said.

Salisbury dominated the first half of the game 3-0, with a 21-1 edge in shots and a 17-0 advantage in penalty corners. Forward and senior Emily Voshell said although they were in the lead on the scoreboard, Frostburg still kept up their intensity and didn't give up at all on the goal.

"We're going to have a real tough week," Chamberlin said. "We have to play our fast-acting, quick-passing game and hopefully score a lot of goals (against those teams)."

The Gulls' next home game will be on Oct. 23 against St. Mary's College.

The Gulls held up strong on defense and were



Shannon Watts photo
Senior forward Emily Voshell veers around Bobcat defenders to make an offensive play.

Men's soccer upsets conference rival York for eighth straight win

BY STEPHEN CORBIN
Staff Writer

The Salisbury University men's soccer team extended their winning streak to eight games after upsetting its conference rival, No. 4 ranked York College at home on Saturday.

The Sea Gulls defeated York 3-1, ending York's nine-game winning streak and handing the Spartans their second loss of the season.

The Gulls started off the game slow, giving up a goal off a corner kick midway through the first half and allowing York a 1-0 advantage.

York played an aggressive first half allowing 12 fouls and two yellow cards compared to Salisbury's seven fouls and one yellow card, and kept the 1-0 lead into halftime.

"At halftime, coach told us to keep up the intensity and keep the ball hot," said junior forward Tanner East.

The rivalry between the two teams was felt by all of the SU players.

"This game was simply payback

from last time we played these guys, and we did it for Salisbury and our fans," East said.

Salisbury allowed 19 shots on the game compared to 16 taken by the Gulls. This was the first time Salisbury has allowed a goal in the past eight games.

"The defense has really worked hard and played well this year, but what I tell my players is every time we lose the ball, every player on the field turns into a defender," said Head Coach Gerry DiBartolo.

Salisbury keeps their conference record undefeated at 5-0, while giving York its first conference loss of the season standing at 5-1. Salisbury enhances its record to 13-2 now and should move up again in standings after moving up to No. 16 early this week.

"The players have worked their tails off this season and we expect to see this team again," DiBartolo said.

East and Compton attribute the success of their season and their winning consistency to team chemistry, which they believe no other team can compare to.

"The trip to Spain over the summer really made our team much closer, and we have played better in result of that," East said.

"(We) wanted to make sure we didn't play like we did last year and we've proved that so far," Compton said.

During Salisbury's winning streak, they outscored their opponents 16 to 1 in the past eight games.

DiBartolo attributes this winning streak to a change he made in the

formation of his team allowing the midfield and defense to be stronger than it was before the transition.

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"(We) wanted to make sure we didn't play like we did last year and we've proved that so far," Compton said.

The Gulls plan to add on to their winning streak as they take on Christopher Newport University away on Wednesday at 7 p.m.

This week in sports

Women's soccer

Sunday Oct 13- Tied Washington and Lee 0-0 in double overtime

Wednesday Oct 16- Lost 2-0 vs. Christopher Newport

Saturday Oct 19 Tied Frostburg 0-0 in double overtime

Field Hockey

Wednesday Oct 16- Lost 3-2 vs. Christopher Newport

Saturday Oct 19 Won 4-0 vs. Mary Washington

Volleyball

Wednesday Oct 16- Won 3-0 vs. Marymount (Va.)

Saturday Oct 19 won 3-1 vs. Southern Virginia

Men's soccer

Wednesday Oct 16- Won 2-0 vs. Marymount (Va.)

Cross Country

Saturday Oct 19, Men place 5th, women place 13th at Gettysburg Invitational

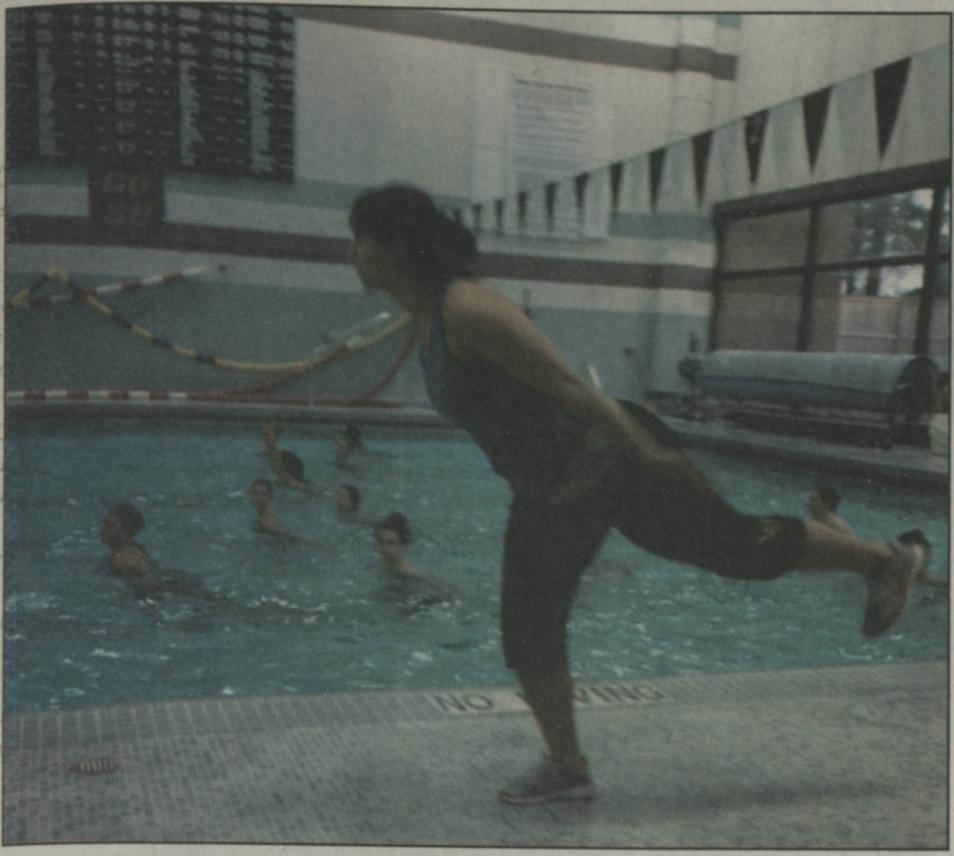
Football

Saturday Oct 19 won 42-35 vs. St. John Fisher at Salisbury

THE FLYER

SPORTS

Salisbury Zumba goes Aquatic



Ashley Martin photo
Aqua Zumba instructor Sarah Wilkinson gets her class warmed up in the water.

BY ASHLEY MARTIN
Staff Writer

The University Fitness Club's Zumba classes have gone aquatic at the indoor pool in Maggs Gym. After a campus-wide email advertised the class, Zumba-loving students came to dance in the water on Oct. 14.

SU female students waited outside of the pool arena for the class to start and chattered with excitement. With most of them being new to the class, some had never heard of the workout before the email.

"I was so grateful the email helped to bring in a lot more students this week," said instructor Sarah Wilkinson. "There was definitely an 80 percent increase (in attendance) this week than there was last week."

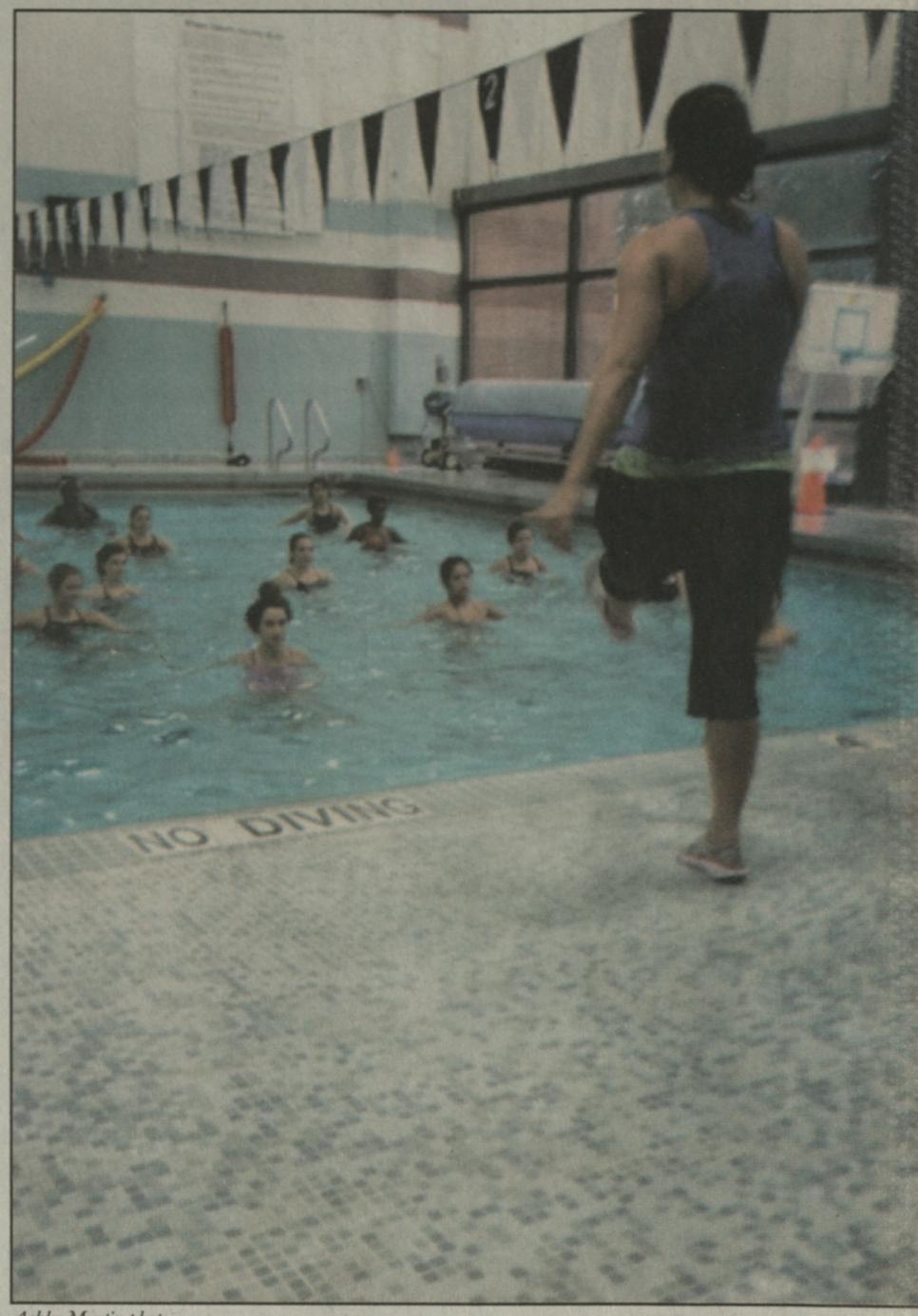
After Wilkinson instructed the class to get comfortable in the chilled water, she started them off with some warm-up exercises just as she would a regular Zumba class. She then took them through exercises that are associated with any other non-aquatic Zumba. The

difference, she said, is the resistance in the water.

"It's a lot lower impact especially on joints," Wilkinson said. "It's a great exercise for recovery."

"Dancing in the water is a lot harder than it looks. But it made it that much more fun too. Can't wait for next week."

- Hannah Murphy, freshman



Ashley Martin photo
SU students try to follow Wilkinson's moves against the resistance of the water.

Freshman Julia Pendola said even though the class was challenging, it was definitely something that made her want to come back for next week.

"It was so much fun," Pendola said. "I want to bring my friends with me next time. I know it's something they'll enjoy too."

Freshman Hannah Murphy said it was also fun being in the water despite how much

harder the water made the exercise.

"Dancing in the water is a lot harder than it looks," Murphy said. "But it made it that much more fun too. Can't wait for next week."

The free class is offered on Mondays at 6 p.m. and is open to anyone who wants to participate.

Athlete Spotlight: Chris Kittelberger

BY AMY MCFARLAND
Sports Editor

Sport: Soccer

Year: Sophomore

Major/minor: Double major Information Systems/Economics

Position: Midfield

Achievements: 2012 CAC All-Academic team

Started playing soccer: At age 6

Why he chose Salisbury: "I liked the programs that the Purdue School had to offer and the fact that it's right near the beach."

Thoughts on his performance this season: "When I'm on the field I like to distribute the ball and make my teammates look good. I like to play possession soccer."



SU Athletics Photo

and tire out the defense, which I find is a much more effective way of playing than just kicking the ball over the top every time. I try to influence the play this way every time I'm in the game."

Favorite memory of SU soccer: "Scoring my first goal my freshman year."

Favorite quote: "Sometimes I'll do something and I'll think to myself, 'that is so Raven.' And then other times I'll do something and I'll be like, 'that was not very Raven.'" - Zach Galifianakis

Head Coach Gerry DiBartolo's thoughts: "He is a very positive but quiet young man, and I think he's blended in well with this group. His improvement as a player has been tremendous since his freshman year. He committed himself completely to the off season training program provided for the players in terms of trying to get himself quicker, faster and stronger and those benefits showed very early in our spring training program. Coming into the fall season, he hasn't dropped off a bit."

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